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Sexting Not Just for Kids

Plenty of older adults send racy messages on their cellphones — but it's usually a private matter

by: Jessica Leshnoff, from: AARP, Updated June 2011



The injudicious use of a cellphone by former New York Rep. Anthony Weiner has turned the spotlight on sexting — a practice typically associated with teenagers. But the reality is that more and more of the 50-plus set, both single and married, routinely use text messaging to send tantalizing pictures and provocative words to their partner, according to relationship experts.

Love & Sex POLL

Have you ever texted a sexy message or racy photo of yourself?

- ☐ Frequently, it's fun
- ☐ On occasion
- ☐ Once or twice
- ☐ I'm low-tech

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Sexting 101**See also: 8 ways to find love online.**

Most of them are not sexting in the highly public — and, as he acknowledged, "inappropriate" — way that Weiner has admitted to doing. Rather, they are using it as a fun, easy and usually harmless way to spice up their sex.

Relationship coach Suzanne Blake

○ Are you kidding?

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has seen and heard it all when it comes to sexting, including a wife who enjoys sexting her husband while he's traveling on business, telling (and showing) him what he's missing at home. While this may surprise some, Blake's not surprised at all.

"It's a misnomer that the biological changes of aging have to lead to a decrease in sexuality and sexual experience," she says.

Whether they're single and casually dating, married, or in long-term relationships, "Boomers want sexual activity," Blake explains. "They want to flirt. It makes them feel lively and young."

Next: Text away your inhibitions. »



Keep flirtatious text messages brief —
Photo by Jim Bustardo

Fan the flame. New to sexting? "Sexpert" Genie James recommends texting a quick love note to your sweetie during the day. Some of her favorites are, "Love you most," or "I still want to go to the prom with you!"

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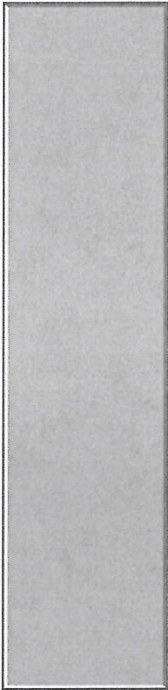
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